



Location: 36 South Main St.
Hours of Operation: M - F 8 AM - 4 PM
Phone: (508) 278- 8622

THE SILVER CENTER NEWS

UXBRIDGE COUNCIL ON AGING NEWSLETTER

& LUNCH MENU

facebook.com/UxbridgeMASeniorCenter
uxbridge-ma.gov/coa

Marsha Petrillo - Director
Donna Oncay - Admin Assistant
Lynne McPherson - Head Chef
Gail Boutiette - Outreach Coordinator



July

“Put your hand on a hot stove for a minute, and it seems like an hour. Sit with a pretty girl for an hour, and it seems like a minute. That’s relativity.” —Albert Einstein



Construction of the new fire department is well underway. The parking lot across the street, the old Post Office building, is no longer available. We have a limited number of parking spots available at the center. During special events, we encourage those who can to carpool or take the van. There is additional parking behind Coves, the Library and also at Savers Bank. **If you have any questions about parking, please do not hesitate to call the senior center.**



SENIOR CENTER WISH LIST – We welcome and appreciate the support of anyone in a position to give. Your donations make a significant difference in the lives of our elders and help support our daily lunch program. All monetary gifts can be made out to the Town of Uxbridge with Senior center in the memo section of your check. Gift cards for Hannaford, Walmart and CVS also make nice gifts for senior citizens in need.

We also continue to need in kind donations of sympathy and birthday cards, paper towels, napkins and plastic 8 oz. cups. One can donate directly to the center at 36 S. Main Street or on-line via the town’s web page. Every donation helps and comes enormously appreciated!

Feel free to contact us at 508-278-8622 or visit us on our web page at Uxbridge-ma.gov/coa or like us on our FB page or by googling Uxbridge Senior Center, or even dropping by.

- Uxbridge-ma.gov/coa
- Facebook.com/UxbridgeMASeniorCenter

SHOPPING TRIPS

Grocery shopping every Tuesday- Pick up begins at 1:00 PM. We have changed the time to make it easier to get people to lunch and give everyone to get their shopping done.



WALMART SHOPPING

2nd and 4th Thursdays of the month - Pick up begins at 12:30 PM. Please sign up in advance for Walmart shopping by calling us at 508-278-8622 to reserve your seat on the van.

NOTICE: The Senior Center drivers are not Emergency Responders and therefore are limited in what they can do. Please don’t ask them to do something they’re not trained, authorized, or certified to do.

REMINDER.... IF YOU HAVE PURCHASED THE “HANNAFORD HELPS” REUSABLE BAGS, THEY WILL SCAN THEM AS YOU CHECK OUT AND A DONATION OF .25 CENTS WILL BE MADE TOWARDS THE SENIOR CENTER’S DAILY MEAL PROGRAM. THANK YOU FOR YOUR PARTICIPATION!

- Please call the Senior Center 48 hours ahead at 508-278-8622 to reserve your meal and also to arrange for transportation to lunch and for medical appointments. Van transportation begins at 10:30 AM each day. Please check with the Senior Center by calling 508-278-8622, Uxbridge Cable Local Access Channel 191, Facebook (<https://www.facebook.com/UxbridgeMASeniorCenter>), or the Council on Aging website for the Lunch Menu. www.uxbridge-ma.gov/coa
- The Senior Center is a drop off site for the People First Food Pantry. Donations are accepted Monday through Friday from 9 AM - 4 PM.



Tuesday, **July 26** – 11:30 AM – 12:30 PM. Salmon Health VNA will be available for the blood pressure clinic. If you have any questions about new symptoms you may have, questions about new medications, or any other health problem, they will be able to help you with them. Salmon Health nurse, Janet Iocabelli will be at the senior center every fourth Tuesday going forward. Please join us for this important free monthly clinic offered by the Salmon VNA. ♦



The Senior Center will be closed on the following days: **Friday, July 1st** and **Monday July 4th** in observance of Independence Day. No lunches will be served.



NAVICARE

- Nelly Colon is the new Account Executive. You are eligible to join Navicare if you are 65 or older, live in our service area and have MassHealth. Nelly Colon can be reached at 508-847-8511 and she is also bi-lingual.



Fishing For Whiskey

“Poor Old fool,” thought the well dressed gentleman as he watched an old man fish in a puddle outside a pub. So he invited the old man inside for a drink. As they sipped their whiskeys, the gentleman thought he’d humor the old man and asked, “So how many have you caught today?” The old man replied, “You’re the eighth.”

Veteran Services Office

is now located at The Uxbridge Town Hall. Carl J. Bradshaw, District Director can be reached at 508-278-8600 ext. 2017 and AnnMarie Cleary, Assistant Director can be reached at 508-278-8600 ext. 2037. Office hours are posted on the door. ♦

LUNCH & LEARN with POLICE CHIEF LOURIE

Friday, July 8, 11:30 am - 12:30 PM. Police Chief Jeff Lourie will hold his monthly Community Policing Bureau Presentation. Guest speaker will be Shawn McKenna, Community Outreach Coordinator Worcester County Sheriff Department. He will be discussing Home Safety. Please feel free to join us and bring any questions that you may have.

Please remember the parking lot is no longer available across the street. We have a limited number of parking spots available at the center. We encourage those who can to carpool or take the van. We will all need to be patient during this construction and work together. If you have any questions about parking, please don't hesitate to call the senior center. Uxbridge Community Television will film this event and it will be aired on local cable access. We are thankful to be working closely with the Uxbridge Police Department and to have Uxbridge Community Television film these events.

Even if you are on the right track, you will get run over if you just sit there.





An Ideal House

A house with laughter everywhere
Where peace and gladness reign,
Where never a worry or a care
Could fill any heart with pain.

A house where little children
Play freely through the day,
Growing up with tolerance
For others equal as they.

Yes, this is the house to look for
A house for which blood has been shed,
Where thousands who rather than lose it
Gave up their lives instead.

So have the liberty bell for the doorbell
And on the staff may there be unfurled,
A flag to represent each nation
That exists throughout the world.

Written by Lu Rondeau-Kogut
Ninth Grade, 1946

Live
well
Laugh
often
Love
much
and Donate Life 

English: A Complicated Language

- Why does "slow down" and "slow up" mean the same thing?
- Why does "Fat chance" and "Slim chance" mean the same thing?
- Why is it called "after dark" when it really is "after light"?
- Why are "wise man" and a "wise guy" opposites?
- Why is "Phonics" not spelled the way is sounds?
- Why do you press harder on the buttons of a remote control when you know the batteries are dead?
- How come abbreviated is such a long word?
- Why does Teflon stick to the pan?

A woman on the phone to her friend; I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.... I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

ARE YOU AWARE OF THE NUMBER OF PEOPLE HELPED AT THE UXBRIDGE SENIOR CENTER ?

Numbers below represent people served in

MAY 2016



Telephone Calls	1,117
Meals Served	519
Daily Visitors	645
Medical Runs (Round Trips)	86
Computer Classes	6
Hannaford Shopping (Round Trips)	26
SMOC Fuel Assistance	0
Walmart Shopping (Round Trips)	6
Lunch Pick Up	200



**UXBRIDGE IS PROUD OF
ITS SENIOR CENTER**

THE UXBRIDGE SENIOR CENTER IN CONJUNCTION WITH THE SUNSHINE CLUB WILL BE OFFERING THE FOLLOWING BUS TRIPS FOR 2016:



Thursday, July 28, 2016 - My Fair Lady at Interlakes Theatre. Lunch included at Hart's Turkey Farm. Meredith, NH - \$74

Tuesday, September 13, 2016 - Lake Winnepesaukee Cruise w/Buffer on boat. There will be a stop in Wolfeboro included! - \$72

Friday, September 30, 2016 - Day trip to Vermont for foliage viewing w/lunch - \$85

Monday, October 3 - October 12, 2016 - 10 Days - Scotland - Please Call Pam at 508-476-4474 for information.

Thursday, October 6, 2016 - "Wicked" at PPAC (Providence Performing Arts Center) w/lunch at UNO's and bus. - \$99

Sunday, November 6 - Tuesday, November 8, 2016 - Villa Roma, all-inclusive - \$369

Monday - Wednesday November 28 - 30, 2016 - White Mountain Hotel, North Conway - \$439

Wednesday, December 7, 2016 - Newport Playhouse "Nana's Naughty Knickers" - \$75

Saturday - Monday December 10, 11, & 12, 2016 - NYC at Christmas with 9/11 Museum - \$339

Thursday, March 16, 2017 - "Lion King" at PPAC (Providence Performing Arts Center) Lunch at Uno's. - \$99

If you've always loved "My Fair Lady", join the Sunshine Club on the bus trip to Meredith, NH on Thursday, July 28th. The musical will be performed at the Interlakes Theatre, a great summer theatre! There will be lunch first at Hart's Turkey Farm with a choice of turkey dinner, roast sirloin or broiled haddock. Everything is included for \$74. The boat cruise trips are filling up fast. Don't wait if you're interested in going! There are still a few seats left for the July 28th trip and also the August 15th trip. Tickets for the Lion King on Thursday, March 16, 2017 are going quickly, so be sure to get yours before they are all gone!

Call Sue at 508-476-5820 for more information on any of these trips. Flyers are available on the Douglas Senior Center Website - www.douglasma.org and click on "Boards and committees" at the top of page, then "Council On Aging" and on left sidebar, "Sunshine Club/Trips" Also the Diamond Tours Website: www.grouptrips.com/sunshineclub has information on the Niagara Falls trip and the NYC trip w/flyers, videos, insurance info and more. ♦

That's all Folks!



NEWS FROM SHINE FOR JULY 2016

WHEN CAN YOU ENROLL IN A MEDIGAP PLAN?

Medigap plans are health insurance plans that provide extra protection beyond Medicare by filling in some of the “gaps” in Medicare coverage. In Massachusetts, these plans allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan. Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. Note that Medigap policies do not cover prescription drugs, which are covered separately under Medicare Part D.

In Massachusetts, seven insurers offer the same two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays for Medicare covered services, while the Supplement 1 covers all the deductibles and co-pays for these services. This means that a Medigap policy will generally pay only when Medicare approves payment. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

IMPORTANT INFORMATION

Always remember that if you are turning 65 you should contact social security to enroll in medicare. **Medicare eligibility has no connection to your eligibility for social security benefits.** Also coverage from the health connector does not exempt you from this requirement to enroll in medicare, **as you will lose your health connector subsidy when you turn 65.** If you have any questions you should contact your shine regional office at 1-800-243-4636 option #3.

“SHINE’S MEDICARE AND MORE” PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE’s MEDICARE AND MORE”, we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don’t see it on your local cable channel give them call and ask about it.



Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine leave your name and number. A volunteer will call you back. You can now visit us on the Internet at www.shinema.org

CENTRAL MASS SHINE WEBSITE

You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with you insurance needs. **We also have a link to our very informative cable TV program Medicare and More.**

LAUGHTER •Optimism – is a lack of information
is an instant vacation. •Remember good

-Milton Berle times... when phones

were stupid and people were smart.

- The only thing I hate more than having a dirty house is cleaning.
- Marriage is the main reason for divorce.
- Yesterday, I fell down from a 10 meter ladder. Thank God I was on the third step.
- I was lying in bed today when somebody knocked on my door. I opened the door and found my neighbor, asking for a small donation for the local swimming pool. I gave him a bottle of water.

UXBRIDGE SENIOR CENTER

Lunch Menu

36 South Main Street, Uxbridge, MA 01569

(508) 278-8622



JULY 2016



Marsha Petrillo - Director

Lynne McPherson – Chef

Pete Waeger – Van Driver

Donna Oncay – Transportation Coordinator

Gail Boutiette – Outreach Coordinator

Monday	Tuesday	Wednesday	Thursday	Friday
ALL MEALS ARE SERVED WITH MILK OR WATER MENU IS SUBJECT TO CHANGE WITHOUT NOTICE				1. CLOSED FOR 4 TH OF JULY NO LUNCH SERVED 
4. CLOSED FOR 4 TH OF JULY NO LUNCH SERVED 	5. VEGETABLE QUICHE GARDEN SALAD SUGAR FREE PUDDING	6. PESTO CHICKEN FLORETINE W/PENNE GARDEN SALAD PEACH CAKE	7. SWEDISH MEATBALLS EGG NOODLES MIXED VEGETABLES SUGAR FREE JELLO	8. BAKED FISH ROASTED POTATOES BROCCOLI SUGAR FREE ICE CREAM
11. STUFFED SHELLS SPINACH ITALIAN BREAD PEACHES AND CREAM	12. MEATLOAF W/GRAVY MASHED POTATOES GREEN BEANS SUGAR FREE JELLO	13. GRILLED CHICKEN W/PINEAPPLE SALSA JASMINE RICE SUGAR FREE PUDDING	14. BEEF AND CORNBREAD PIE GARDEN SALAD SUGAR FREE ICE CREAM	15. BAKED FISH RICE PILAF MIXED VEGETABLES ANGEL FOOD CAKE W/BERRIES
18. BAKED MACARONI AND CHEESE STEAMED CARROTS ICE CREAM SANDWICHES	19. BEEF STROGANOFF EGG NOODLES BROCCOLI BLUEBERRY CAKE	20. GRILLED CHICKEN W/STRAWBERRY SALAD SUGAR FREE ICE CREAM	21. SHEPHERDS PIE MIXED VEGETABLES SUGAR FREE JELLO	22. BAKED FISH ROASTED SWEET POTATOES GREEN BEANS SUGAR FREE PIE
25. THREE CHEESES VEGETABLE PASTA TOSS GARDEN SALAD ITALIAN BREAD SUGAR FREE ICE CREAM	26. BEEF AND MUSHROOM LASAGNA GARDEN SALAD APPLE CAKE	27. ROASTED CHICKEN MASHED POTATOES GREEN BEANS SUGAR FREE PUDDING	28. HOT DOGS W/ROLL BAKED BEANS COLESLAW SUGAR FREE JELLO	29. BAKED FISH WILD GRAIN RICE ITALIAN MIXED VEGETABLES BIRTHDAY CAKE

Lunch is served at 12 noon each day. Please call 48 hours in advance to order your meal. If you need transportation to the meal program please let us know. A suggested voluntary donation of \$3 - \$5 per meal. Our program is open to all ages and geared towards the nutritional needs of senior citizens ages 55+. Our meals are heart healthy with reduced sodium.